

Today's Thoughts: January 31, 2019: Choose Feelings



Choose Feelings

If your days seem filled with unwanted negative feelings, there is only one cure. When they come, choose them. Don't ask why, don't wonder how, don't fight them and never put yourself down for having them. But most of all never blame someone else for how you feel. If you do, it means you are still fast asleep and your choice is to be a victim. When the feelings come, even big disturbing emotional feelings say, "I choose this feeling" and know it comes because of something you have thought or done in the past, perhaps a certain belief that you have learned or an attachment that is threatened. Choice does not mean you want the feelings, but it does mean you are taking responsibility for them. And that is the beginning of self mastery. It is the first step to the healing and resolving of your emotions. But only the first step. Try this today and then ask yourself what the next step might be. If you are really interested to know, you will come to know!

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Bring Newness

Unhappiness is experienced when there is no newness in dealing with the variety of life's situations. We continue to think the same way and act in the same way, so we are caught up in the same vicious cycle. We are not able to see anything new in the new situations that come our way. These turn to burdensome thoughts that drain out positive energy. We experience a lot of happiness when there is newness brought in responding to situations. The potential and the energy of the mind is channelized in a positive way so there is an experience of fulfillment and satisfaction. The mind is not caught up with negative or waste but is busy trying for the best solutions in all situations, and life itself becomes more beautiful.

The Circle Of Influence And Worry

Make a list of the things that worry you most and decide if they are in your circle of **influence** or **worry**. Think about what you can really do to have an influence on each of them in an effective way. By determining which of these two circles is the centre around which most of your time and energy revolves, you can discover a great deal about your level of positivity. Positive people focus on the things they can do something about. If necessary, they change their attitude. They are aware that perhaps they cannot change the circumstances but they can improve their inner attitude. This is what positive focusing is all about: being creative, thinking differently, being open to listening, being more understanding, more communicative and showing more solidarity.

Reactive people focus on the problems of the circle and on the circumstances about which they have no control. They react to the defects found in other people. From this worrying, accusations, destructive criticism, feelings of blame, a reactive language and feelings of weakness and frustration can arise. They want others or the circumstances to change first and when that happens, then they will change. Whenever they think that the problem is on the outside, this thought is the problem. The negative energy produced as a result of this approach, combined with the lack of attention to the areas in which they could do something to improve the situation, means that the area of influence decreases in size. They give power to what is external so that it dominates them. In other words they think that change must come from "outside towards the inside"; they think that something that is outside must change before they themselves change.

Soul Sustenance

The Law of Cause and Effect

To imagine how the law of *karma* works, consider what happens when we throw a stone into a lake: it causes ripples that spread out towards the shoreline, before returning to the centre point.

Human beings constantly emit energy. We create thoughts, emotions and feelings that transmit vibrations. There are people who tend to radiate energy and others who tend to absorb it. The energy we give off hits other people and rebounds back to us. From this law we should understand that if people send us energy that is not very pleasant, perhaps it is because on another occasion we sent out this type of energy, although it may have taken a long time to come back to us.

If we make an effort to give off positive energy, with love and respect for others, this energy will also come back to us. Positive energy creates a higher vibration than negative energy. Radiating positive energy produces an aura around us that protects us from negativity or from feeling hurt or humiliated. Our ego, which causes the radiation of negative energy, makes us susceptible to criticism, lack of respect and slander. If our ego does not take over, the negativity will not touch our inner selves.

Message for the day

To finish waste questions is to find a solution.

Expression: When a difficult situation comes up there are waste questions in the mind either about the past or about the future. Questions like 'why did it happen like this?' or 'What will happen now?' are very common. But to keep the mind busy with waste questions is to block it from using its capability of finding solutions. On the other hand, to finish waste questions, means to keep the mind free for finding solutions.

Experience: When I keep my mind free from waste questions, I am able to be alert and find the right answer to every problem. I have the confidence and I know that every problem has a solution. When I keep my mind in the present by freeing myself of waste questions, I am able to quickly and easily find the solution and find myself moving towards success even in all challenging situations.